

# Ways to boost food intake – First line advice

This leaflet should not be given to patients with medical conditions that may affect dietary needs - In this case, further dietary assessment and specialist advice will be needed

**Aim for:**

**1**

**Three meals & snacks per day**

**2**

**One pint of full cream milk per day**

## Like eating “little and often”?

### Try light meal ideas and in-between meal snacks such as:

Toasted crumpets, teacakes with butter and cheese, jam or honey.  
 Fruit cake/malt loaf with butter  
 Flapjacks, cakes , biscuits, croissant and muffins  
 Cheese and crackers  
 Nan, chapatti, samosas and pakoras  
 Corned beef and mashed potatoes  
 Fishfingers /sausages with baked beans and chips  
 Tinned stew/casserole/curries with mashed potatoes/rice.  
 Toast with eggs/baked beans/bacon/ravioli/grated cheese and tomato/tinned fish.  
 Jacket potatoes with fillings as above  
 Cereals with full cream milk.

## Struggle with quantity of meals and drinks?

### Try fortifying meals and drinks:

**Fortified milk:** Take 1 pint of full cream milk :add 2-4 tablespoons of milk powder to a small amount of milk- make a paste and mix with rest of pint full cream milk, store in the fridge and use within 24 hours:  
 use in coffee, packet soups, sauces, jelly, puddings, on cereals.  
**Milk based sauces:** add cream, evaporated milk, grated cheese.  
**Potatoes, vegetables, pulses, dahl:** add grated cheese, cream, butter, full cream milk, milk based sauces.  
**Soups:** add grated cheese, cream, dried milk powder, pasta, dumplings.  
**Puddings:** add cream, custard, evaporated milk, full fat yoghurt or ice cream.  
**To breakfast cereals:** add fortified milk, yoghurt, syrup

## Have a sweet tooth?

### Try regular desserts (such as sponge based puddings)

Add custard, full fat creamy yoghurt, evaporated milk  
 Try mousse , instant whip milk pudding, milk jelly or crème caramel, ice cream or frozen yoghurt  
 Canned fruit with evaporated milk/cream

## Manage well with drinks?

### Try these drinks:

**Hot milk:** add cocoa, Ovaltine or Horlicks.  
**Cold milk:** add blackcurrant juice, milk shake powder/syrup, or yogurt or ice cream, add fruit and mix in a blender.

*Other ideas: **Complan**® is an enriched drink available from pharmacies and supermarkets in sweet and savoury flavours. They may be taken as a drink between meals or added to puddings and soups. (adapted from Sandwell PCT information leaflet /3/2013)*